

Proposed Policy: To be included in Policy Range 1200-1299, Health and Safety Issues

SECTION I – INTERNAL OPERATIONS
(1000- _ _)

1250.00 School Wellness Policy. The Moscow School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Moscow School District that:

- A. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- C. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- D. To the maximum extent practicable, all schools in the District will participate in available federal school meal programs.
- E. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

1250.10 District Health Council. The District’s Physical Education and Health Education Curriculum committee will serve as a resource to school sites in the development, implementation, monitoring, and as necessary, the revision of school nutrition and physical activity policies. The curriculum committee consists of physical education and health professionals representing each school community.

1250.20 Nutritional Quality of Foods and Beverages Sold and Served on Campus.

- A. School Meals. Meals served through the National School Lunch and Breakfast Programs will:
 - 1. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - 2. offer a variety of fruits and vegetables;
 - 3. serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
 - 4. offer a variety of whole grains;
 - 5. be appealing and attractive to children; and
 - 6. be served in clean and pleasant settings.

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Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The District will share information about the nutritional content of meals with parents and students. Such information could be made available on menus and/or the District's website.

B. Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. Schools will, to the extent possible, operate the School Breakfast Program.
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
3. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
4. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

C. Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

D. Meal Times and Scheduling. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

E. Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals in schools.

F. Sharing of Foods and Beverages. Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

1250.30 Foods and Beverages Sold Individually (foods sold outside of reimbursable school meals such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.).

When beverages are sold individually outside of reimbursable school meals, it is encouraged that those beverages include, but are not limited to, fruit and vegetable juice, milk or flavored milk, or water. When foods are sold individually outside of reimbursable meals, it is encouraged that those foods include snacks that meet the recommended criteria for healthy snack foods.

- A. Elementary Schools. The school food service program will approve and provide all food and beverage sales to student in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.
- B. Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) may not be sold within the cafeteria or school nutrition serving area thirty minutes before or during the breakfast or lunch serving periods. If foods and beverages are sold individually outside the reimbursable meal program, it is encouraged that the beverages include fruit and vegetable juice, milk or flavored milk, or water; and that the foods include, but are not limited to, snacks that meet the recommended criteria for healthy snack foods.
- C. Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities involving food or beverages will be encouraged to utilize foods that meet the criteria for healthy snack foods and beverages sold individually.
- D. Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of schools meals, children's nutritional needs, children's ages, and other circumstances.
- E. Rewards. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior.
- F. School-sponsored Events (such as, but not limited to athletic events, dances, or performances). When foods and beverages are offered or sold at school-sponsored events outside the school day, every effort will be made to include those foods and beverages that meet the criteria for healthy snacks and beverages.

1250.40 Nutrition and Physical Activity Promotion and Food Marketing.

- A. Nutrition Education and Promotion. The District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:
 - 1. is offered at each grade level as part of a sequential comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

2. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. links with school meal programs, other school foods, and nutrition-related community services;
7. teaches media literacy with an emphasis on food marketing; and
8. includes training for teachers and other staff.

B. Integrating Physical Activity into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
2. opportunities for physical activity will be incorporated into other subject lessons; and
3. classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

C. Communication with Parents. The district/school will support parent's efforts to provide a healthy diet and daily physical activity for their children. The district/school will provide nutrition information and post nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties and fund raising activities.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

D. Staff Wellness. The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district's Insurance Committee promotes staff health and wellness by promoting healthy eating and physical activity, and staff involvement in wellness programs.

1250.50 Physical Activity Opportunities and Physical Education.

- A. Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive instruction in physical education. Elementary students, grades 1-6 will receive a minimum of 75 minutes of instruction each week. Students in grades 7-12 will receive health/wellness and physical education instruction as required by district policy and the Idaho State Board of Education.
- B. Daily Recess. All elementary students will have supervised recess periods during which they are encouraged to participate in moderate to vigorous physical activity.
- C. Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school and junior high will offer interscholastic sports programs. A wide range of activities will be offered that meet the needs, interests, and abilities of all students.

After school programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

- 1250.60 Monitoring and Policy Review. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school. School food service staff will ensure compliance with nutrition policies within school food service areas.